



THE LEADER

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Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Sept. 19, 2003

Fixing the Air Force's most valuable assets



Base Physical Therapy office focuses on returning injured personnel to mission
— See Pages 16-17

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside: [Here she comes](#)

Weekend weather

Today	59/41	Partly Cloudy
Saturday	66/44	Partly Cloudy
Sunday	59/41	Partly Cloudy
Monday	59/41	Partly Cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

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[For the third time](#)

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[Not just for guys anymore](#)

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Boom operators provide a different view of freedom

By Staff Sgt. Scott T. Sturkol
United States Central Air Forces-Forward Public Affairs

SOUTHWEST ASIA – Some of them might say all they need to do is have someone drive them to work. At this deployed location, however, where boom operators of the KC-135R Stratotanker support missions

for both Operation Iraqi Freedom and Operation Enduring Freedom, seeing things from the sky has always been something special.

“The best part of my job is the immediate impact on the mission that I see,” said Senior Airman Cy Eckhardt, a boom operator deployed with the 340th Expeditionary Air Refueling Squadron. “I could give thousands of pounds of fuel to an F-16, loaded to the gills with an ordnance, and then an hour or so later that same plane comes back for more fuel with nothing but external fuel tanks.”

To Airman Eckhardt, that’s a great part of his job. But, he says the best part is not about that at all. He said it’s more about what a team like his – the aircrew in the air and the team on the ground in the expeditionary tanker squadron – can accomplish together.

“Maybe I’m biased because of my job, but I think what most people will not understand is the roles the tanker has played in both Iraqi Freedom and Enduring Freedom,” Airman Eckhardt said. “During the war, people watched the ‘shock and awe’ on television with the pictures of bombs hitting their targets. But they never saw a fighter with next to no gas hooked up with a tanker.

“Those bombs hit their targets because of the support of tankers – all different kinds of tankers,”

Airman Eckhardt said. “I’m just glad to be a part of that whole team effort that continues to this day.”

Every day in the United States Central Command area of responsibility, there are aerial combat missions taking place with fighters, bombers, helicopters, special operations aircraft, and in particular – tankers. Tankers fly over Iraq and Afghanistan just to name a couple of places.

Staff Sgt. Kevin Ortman, chief boom operator for 340th EARS, said that when missions are assigned day-in and day-out at tanker operations, the fluidness of how the tanker mission fits in with everything can be amazing at times.

“We’re talking about a plane that has been around since the early 1960s and they are still helping win wars,” Sgt. Ortman said. “In my job as an instructor boom, you see people who will fly in a plane that is older than they are. Then these young, professional enlisted airmen go out and do a job they probably never dreamed they would do. That’s amazing.”

As the sights they see are often the fringe benefits of their job, Airman Eckhardt said the job still can be tough.


“The deployed environment in my career field has its ups and downs,” Airman Eckhardt said. “One plus is we take our operations wherever we go – our planes, our people, our equipment.

“The down side is we do this three to four times a year,” he said. “At least with the job we get a room with a view.”

Sgt. Ortman added that boom operators do offer a different overall perspective though. For him, as chief “boom” in the squadron, it means being a part of planning the daily missions and helping the younger boom operators like Airman Eckhardt with instruction from time to time. It also means an opportunity to see the results of their work.



Photo by Staff Sgt. Scott Sturkol
Senior Airman Cy Eckhardt, boom operator, looks over his check-list in some available lighting prior to refueling an E-8C aircraft over Iraq Sept. 7.




Action Line
747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message.

12
DWI-free
Days



Col. Mark Ramsay
319th Air Refueling Wing
commander

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Advertisements -- Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

Dover evacuates aircraft

DOVER AIR FORCE BASE, Del. – As a result of Hurricane Isabel's forecasted path near Dover AFB, C-5 aircraft will be evacuated to locations inland, away from the expected strong winds.

East Coast bases evacuating aircraft

- ▶ McGuire AFB, N.J., to Grand Forks AFB, N.D., and Goose Bay, Labrador, Canada.
- ▶ Dover AFB, Del., to MacDill AFB, Fla., and Fort Campbell, Ky.
- ▶ Langley AFB, Va., to Grissom Air Reserve Base, Ind.
- ▶ Pope AFB, N.C., to Little Rock AFB, Ark., and Columbus AFB, Miss.
- ▶ Seymour Johnson AFB, N.C., to Tinker AFB, Okla., and Billy Mitchell Field, Wis.

Aircraft from Andrews Air Force Base, Md., are also moving away from the storm. Depending on the path the storm takes, other Air Force installations may be affected.

Hurricane Hunters from the 403rd Wing at Keesler AFB, Miss., flew aerial weather reconnaissance missions into the storm Sept. 13 and are scheduled to fly two more Sept. 17 from Homestead AFB, Fla.

Preparations were already in place to send all the aircraft by Wednesday. All aircraft will remain at their deployed locations, where deployed Dover AFB members will set up satellite aerial port operations until the storm is out of the Dover area.

"Partnership with our Reserve and Guard counterparts, as well as close coordination with the local community, allows the entire Dover Team to focus on ensuring the protection of the base, troops and their families," said Col. John I. Pray Jr., 436th Airlift Wing commander.

"Deploying our aircraft to locations with aerial port capability not only protects them from possible hurricane damage," he said, "but allows us to continue our critical mission of getting cargo to the warfighters."

Any remaining aircraft will be placed in hangars or secured on the adjacent hangar ramp. All Air Mobility Command Museum aircraft will also be placed in hangars.



Photo by Mrs. Kristin Royalty

Staff Sgt. Jason Bowry points out the projected pathway of Hurricane Isabel to Capt. Paul Gifford and Master Sgt. Arlen Lewis. All three work in the 436th Operations Support Squadron's weather flight at Dover Air Force Base, Del.

Air traffic in and out of Dover AFB will be temporarily halted if Isabel reaches landfall on the Delaware Coast.

(By Air Mobility Command News Service)

Ball honors Air Force's 56th birthday

By Airman Patrice Clarke
Public Affairs

It's the Air Force's 56th birthday, and what a great way to celebrate but to have a ball.

The Air Force Ball is scheduled for Saturday with cocktail hour starting at 5 p.m. at the Alerus Center in Grand Forks.

Highlighting this event is guest speaker (ret.) Brig. Gen. R. Steve Ritchie, the Air Force's only Vietnam War pilot ace, who downed two MiGs in one classic dogfight in less than two minutes.

That won't be the only thing happening at this year's ball.

There will be jazz music played by Grand Forks band On Tap, professional photos will be provided by

Moonshot Photography and the base honor guard will also appear.

The Air Force ball isn't just about food and celebrating the Air Force's birthday – it's also about professional appearance.

This is a ball, so not just any formal wear is excepted. The proper and acceptable dress for the Air Force Ball is as follows:

- ▶ The appropriate attire will be mess dress, military semi-formal and civilian formal wear.
- ▶ The military semi-formal includes the service dress coat with a white shirt, instead of the blue shirt, tie or tie tab, specialty badges and all ribbons.
- ▶ Females must wear skirts and pumps instead of pants and low quarters.
- ▶ The military semi-formal is worn without a hat.



(Ret.) Brig. Gen. R. Steve Ritchie

Crew marks 9-11 anniversary with mission over Afghanistan

By Capt. Allen Herritage
376th AEW Public Affairs

DEPLOYED LOCATION – KC-135s from here supported coalition aircraft in the skies over Afghanistan Sept. 11, marking the two-year anniversary of the Sept. 11, 2001, attacks. The crew of “Shell 01” (“Zero-One”) from the 22nd Expeditionary Refueling Squadron was anxious to fly on such an important day.

“It feels good to actually be doing something,” said Airman Charles Converse, a 20-year-old boom operator on his first deployment. Most people see it on T.V. I’m actually here, doing it.”

Converse and the rest of the crew took off early in the morning to meet Dutch F-16s providing close air support to troops on the ground in Afghanistan.

The coalition has been “one of the great success stories of this war,” said Lt. Col. Murray Clark, 22nd EARS commander. “Today is a perfect example of how well we work together in the war on terror.”

U.S. troops here are joined by a coalition consisting

of Denmark, The Netherlands, Italy, New Zealand, South Korea and their hosts the Kyrgyz Republic.

Each crewmember was sure to bring an American flag for the sortie. “After flying over Afghanistan on Sept. 11, this will make a great retirement flag,” said boom operator Master Sgt. Rich Sarno.

In addition to aerial refueling and fighter support, this deployed location is also a major airlift hub, bringing in cargo and passengers from large aircraft and distributing them throughout various locations in the OEF area of responsibility.

After aircraft commander Capt. Mitch Ryan guided the KC-135 to a smooth landing at the end of a successful mission, the crew posed for a few pictures for the scrapbooks and headed to the dining facility where they discussed where they were the day America was attacked.

The veteran squadron commander and the aircraft commander were both flying; the young boom operator was in an Air Force recruiting station in his hometown; another young pilot was in pilot training.



Courtesy photo

Airman Charles Converse, 911th Air Refueling Squadron, boom operator, deployed with the 22nd Expeditionary Refueling Squadron, peeks out the boom pod at the Afghanistan landscape Sept. 11.

All were certain of one thing; they were right where they wanted to be on this Sept. 11.

Tanker pilot flies third consecutive 9-11 sortie

By Capt. Allen Herritage
376th AEW Public Affairs

DEPLOYED LOCATION – Where were you Sept. 11, 2001? This is a question every American has asked or been asked since that tragic day.

Lt. Col. Murf Clark, 22nd Expeditionary Aerial Refueling Squadron commander, has given the same answer to that question for three consecutive Sept. 11ths – flying.

Col. Clark, a KC-135 pilot, flew on an air defense mission over Alaska on the day of the attacks. A year later, he was airborne over Afghanistan in support of Operation Enduring Freedom. And Sept. 11, Col. Clark was at it again, flying an aerial refueling sortie out of Ganci Air Base in the Kyrgyz Republic on yet another OEF mission.

Though Operation Iraqi Freedom has been getting much of the world's attention as of late, OEF is still very active. The Sept. 11 mission included several aerial refuelings of Dutch F-16s over Afghanistan.

In recent weeks, fully armed Danish and Dutch F-16s have frequently returned to base without the ordnance.

According to Col. Clark, he was fortunate to fly Sept. 11, 2001.

"Ironically, I've always felt I was lucky to have flown that day. We weren't striking back at the enemy yet, but I didn't have to sit feeling helpless like so many Americans that day. I felt I was doing something to protect our country," he said.



Courtesy photo

Lt. Col. Murf Clark, 912th Air Refueling Squadron, deployed with the 22nd Expeditionary Aerial Refueling Squadron, flies his third Sept. 11 flight since Sept. 11, 2001.

"I'll never forget the eerie feeling I got when I asked for clearance from Anchorage Center the next day, on Sept. 12," Col. Clark said. "The controller told us we were cleared to anywhere in Alaska; 'you're the only aircraft flying.'"

One year later he found himself over Afghanistan on the first anniversary of the attacks.

"We were flying out of a Southwest Asian location in support of Marine F-18s from Ganci AB. Last year we were just starting to send tankers to Ganci. It was a much longer flight to Afghanistan from Southwest Asian locations than it is from Ganci," he said.

On his third deployment in support of OEF, this week marked Clark's 18th week in the AOR. He says that's not a lot when compared to line crews who do the majority of the flying.

"I've been away from home about 145 days since Sept 11, 2001. I know of crewmembers who have been away for 400 days or more since then," Col. Clark said.

The Sept. 11 mission pilot, 1st Lt. Brian Ewasko, is one of those airmen who have been away a lot.

"In the past two years, I've seen my wife a total of seven months," he said. "But if I have to be away, I want to be doing something like this, especially on 9-11."

The excitement to be flying a mission over Afghanistan could be seen in all members of the crew. Not because they were carrying future memento flags on the flight, but in their attitudes and actions.

"We get a satisfaction from accomplishing a mission like no other," Col. Clark said. "Unfortunately, that satisfaction is hard to pass on to our families. No matter what we're doing, we're still gone to them."

Still, Col. Clark is excited to be where he is today.

"I'm pretty young, but I'm old enough to remember Strategic Air Command and the alerts we sat during the Cold War. Now I'm flying out of a former bomber base in the former Soviet Union."

15th Air Force recalls its past, steps into new role

By Capt. Angela Smith
60th AMW Public Affairs

On July 25, Gen. John Handy, commander of U.S. Transportation Command and Air Mobility Command, announced a major reorganization of AMC.

A vital part of the reorganization is the activation Oct. 1 of a new numbered Air Force with its headquarters at Scott Air Force Base, Ill., and the redesignation of AMC's two numbered Air Force as the 15th Expeditionary Mobility Task Force at Travis and the 21st EMTF at McGuire AFB, N.J.

This is the first article of a series to commemorate the transformation of the 15th AF.

HISTORY

Since its establishment November 1, 1943, in Tunis, Tunisia, under the command of Maj. Gen. James Doolittle, a native of Alameda Calif. the 15th AF has flown almost every type of aircraft in the Air Force inventory and has participated in every war and major contingency in which the United States has been involved.

As a bomber and fighter unit in World War II, the command's B-17 Flying Fortresses and B-24 Liberators logged more than 150,000 heavy bomber sorties and dropped 300,000 tons of bombs, while its P-38 Lightnings, P-47 Thunderbolts and P-51 Mustangs downed more than 6,000 enemy planes.

After a six-month inactivation, 15th AF re-emerged as part of the Strategic Air Command in March 1946. It was first headquartered in Colorado Springs, Colo., and relocated to March AFB, Calif., in 1949.

In a series of brief, often dramatic technological advances, the command helped introduce the B-36, B-47 and the durable B-52 Stratofortress bomber. Following the Korean War, air refueling came of age in the 15th AF as the command added the KB-29, then the KC-97, and, in 1957, the KC-135 to its versatile fleet of tankers.

Throughout the 1960s, the command took operational command of Atlas, Titan and Minuteman intercontinental ballistic missiles; the aerial reconnaissance capabilities of RC-135, U-2, and the SR-71 aircraft; and the EC-135 airborne command and control platform.

Between 1965 and 1973, 15th AF B-52's participated in bombing campaigns in Southeast Asia, reaching a crescendo with Operation Linebacker II at the close of American involvement in Vietnam. In the 1980s, the command absorbed yet another generation of weapons: Peacemaker missiles, B-1B Lancer bombers and KC-10 Extenders.

The command's commitment to training for conventional operations was rewarded when its bombers and tankers deployed to Operation Desert Storm in 1990, helping to crush the Iraqi invasion of Kuwait.

Following Desert Storm, 15th AF units provided air refueling for Operations Provide Comfort and Southern Watch.

In Sept. 1991, 15th AF became the sole tanker manager for SAC. When SAC was inactivated June 1, 1992, and its assets divided between the newly created Air Mobility Command and Air Combat Command, 15th AF became part of AMC.

Headquarters 15th AF moved from March AFB to Travis July 2 1993, and merge its tankers with the airlift aircraft of the 22nd Air Force.

The 22nd Air Force's flag moved to the Air Force Reserves at Dobbins AFB, Ga.

MISSION

The 15th AF is responsible for the region stretching west of the Mississippi River to the east coast of Africa, pole to pole, but it is often tasked to support air mobility operations worldwide.

Its primary mission is to provide strategic and theater airlift and air refueling for all Department of Defense agencies.

With the assigned military and civilian work force of more than 41,000 personnel, the 15th AF manages almost 300 aircraft and many support facilities in the United States, the Pacific and Indian Oceans.

Its current active duty flying units include the 60th Air Mobility Wing here; 22nd Air Refueling Wing, McConnell AFB, Kan.; 62nd Airlift Wing, McChord

AFB, Wash.; 92nd Air Refueling Wing, Fairchild AFB, Wash.; 319th Air Refueling Wing, Grand Forks AFB, N.D.; 317th Airlift Group, Dyess AFB, Texas; and the 375th Airlift Wing, Scott AFB Ill.

Under the Total Force concept, more than 36,000 additional Air Force Reserve and Air National Guard personnel with another 200-plus aircraft also support the command.

The 615th Air Mobility Operations Group at Travis provides teams of trained personnel deployable on short notice to establish airfield and cargo handling operations at any suitable location.

Enroute mission support is provided by the 715th Air Mobility Operations Group with nine Pacific locations.

TRANSFORMATION

The 15th Air Force will become the 15th EMTF during a flurry of special events and ceremonies scheduled for the last week so September.

Beginning Oct. 1, AMC wings, the groups at Dyess, Robins and Little Rock AFBs, and the EMTFs will report to the 18th Air Force commander at Scott AFB, Ill. The 18th AF will focus on presentation of mobility forces to the unified commanders for execution of AMC's worldwide operational mission.

A three-star general will become the commander of the 18th AF, and a one-star general will command each EMTF.

Brig. Gen. Richard Perraut, vice commander of 15th Air Force, will command the 15th EMTF at Travis. The four AMOGs and the enroute system will report through the EMTFs.

As America's armed forces transform into lighter, more quickly deployable force package with fewer established overseas bases, flexible and potent air mobility capabilities will become even more important in ensuring America's continued global reach throughout the 21st Century.

The 15th EMTF is a fundamental part of this evolution of air power.



It's **YOUR**
Air Force
With your **IDEAS**,
we do things...



♦ **FASTER**

♦ **BETTER**

♦ **CHEAPER**

Exercise your options

Physical therapy has history dating to early Greek, Egyptian times

By Tech. Sgt. Darrell Vinson

Physical Therapy, noncommissioned officer in charge

October is National Physical Therapy month, which gives us an opportunity to invite you into our world!

The mission of the medical service is to provide medical support necessary to maintain the highest degree of combat readiness and effectiveness of the Air Force. Physical Therapy plays a part in support of this mission. We have a history you just might find interesting.

The use of physical therapy modalities to bring about relief from injury and disease has its origin dating back to the Stone Age. These primitive humans used the beneficial effects of sunlight, water, and massage as a form of treatment. Early Greek and Egyptian records indicate that exercise, diet, hot and cold baths, and massage were used to treat many diseases and injuries, and to promote general good health. Through the middle ages and the Renaissance period, more was learned and studied about the properties and values of using physical agents as therapeutic treatment. Some of these basic principles and methods are still in use today.

During World War I, the medical department of the U.S. Army organized and developed the Reconstruction Service I – the orthopedic department of the Office of the Surgeon General. Its programs were designed to restore the wounded to full or limited duty, or to prepare them for return to productive civilian life. The Division of Special Hospitals and Physical Reconstruction was formed in 1917 in the Office of the Surgeon General to develop a building program for hospitals. These standard hospitals were built with special buildings for physical therapy and curative workshops. The aim of these new hospital facilities was to achieve maximum functional restoration of patients.

The first physical therapy clinic was established at Walter Reed General Hospital and conducted physical therapy training after World War II. Training was increased too meet the demands of the Army. In 1943,

military status was granted to physical therapy personnel assigned to the medical department.

Physical therapy continued to grow under the Army Air Force Convalescent Training Program. The National Security Act of 1947 established the Department of Defense, and within DoD, three equal separate services were established – the Army, Navy and Air Force. Physical therapy services were established in most hospitals within all branches of the services. As one of the allied science specialties, Physical therapy has continued to provide care not only to war casualties, but also to military personnel and their dependents during peacetime.

The future of physical therapy is a bright one. As medical technology continues to extend people's lifespan, it is our role as therapists to be focused on disease prevention, maintaining a productive, active lifestyle, and the immediate treatment of injury in order to prevent loss of strength, mobility, and function. Our techniques are evolving along with the rest of the medical community. Two current projects that are in testing by the Food and Drug Administration include laser therapy for skin conditions, wound care and techniques in rehabilitation of spinal cord injuries, and stroke victims using implanted electronic muscle stimulators.

The practice is actively evolving on an organizational level as well. Last year, the American Physical Therapy Association authorized the education of Doctors of Physical Therapy. The degree is essentially the same as what was previously offered in a Masters Degree, but includes an extra year of course work in differential diagnosis, neurological and cardiopulmonary rehabilitation, and clinic administration. The goal of the APTA's doctoral program is to view therapists as the musculoskeletal specialists in the clinic and use them efficiently to be "team leaders" for patients with those problems.

Today, military trained specialists and technicians provide physical therapy care under the supervision of a physical therapist. On base, quality care is provided



Photo by Senior Airman Joshua G. Moshier

Mr. Kevin O'Brien, Physical Therapy office intern, demonstrates stretching exercises to a patient experiencing pain in her hip.

by Maj. Kathleen Brehm-Heitman, a licensed physical therapist; Mr. Kevin O'Brien, University of North Dakota physical therapy student; and Tech. Sgt. Darrell Vinson, Physical Therapy noncommissioned officer in charge.

We take pride in our clinical expertise and professionalism. Services include, but are not limited to, musculoskeletal evaluations and treatments, exercise protocols and rehabilitation, limited diagnostic testing, wound care, and gait and ambulatory devices.

The Physical Therapy staff is dedicated to quality patient care, education, and excellence in customer satisfaction!



Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday, Sunflower Chapel.

Weekday mass: Cancelled until Sept. 29.

Reconciliation: 4:30 to 4:45 p.m. Saturday, or by appointment, Sunflower Chapel.

Adult education, sacramental programs:

Call Mrs. Jane Hutzol at 747-3073.

Baptism class: As needed. Call Mrs. Hutzol at 747-3073.

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.

Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel.

Religious education: 9 a.m. Sunday, Eielson Elementary School.

Young adults: 6 p.m. Friday, Chaplain Swain's home, 747-4359.

Men of the Chapel bible study: Noon Monday, Prairie Rose Chapel conference room.

JEWISH:

For details, call Mrs. Sheila Farquharson, 594-3960, or Synagogue B'nai Israel, 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details, call Dr. Levitov at 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details, call 747-5673.



Base theater

Today, 7 p.m.

Freaky Friday (PG)

In this Disney remake of the 1976 original, Jamie Lee Curtis plays Ellen, a widow about to be remarried who argues constantly with her daughter, Annabel (Lindsay Lohan), during the weeks leading up to the big event. The two wish they could exchange bodies so that the other could see what its like, and then somehow... it happens!

Saturday, 7 p.m.

Uptown Girls (PG-13)

Brittany Murphy stars as Molly Gunn, a Manhattan socialite and the child of a rock star. When Molly's trust fund is bilked by her manager, she's forced to find a job.

Sept. 26, 7 p.m.

Spy Kids 3 (PG-13)

Sept. 20, 3 and 7 p.m.

The School of Rock (PG-13)

**This movie is a pre-release, free showing*

Tickets: \$1.50 children, \$3 adults

For details, call 747-3021/6123.

Rehabilitation through education, prevention

By Senior Airman Joshua G. Moshier
Public affairs

An injury can be one of the most trying and humbling things an individual experiences in life. What was once taken for granted, such as crouching down to tie shoelaces or reaching for an item placed high on a shelf, is now unbearably painful or even impossible to accomplish. Seemingly simple tasks like sitting up in bed or looking over a shoulder take the breath out of you and send sharp jolts of pain up and down your spinal column.

Rehabilitating an injury can be equally as frustrating.

“We’re an instant gratification society,” said Maj. Kathleen Brehm-Heitman, 319th Medical Operations Squadron, Physical Therapy flight commander. “People see their doctor and expect their problem to be solved by the time they leave the office.”

When rehabilitating an injury, especially a serious one, that’s not always the case. That’s also when the Physical Therapy office, considered the experts on the muscular and skeletal system, can become a person’s best friend.

“The Physical Therapy office supplements a doctor’s skills,” Maj. Brehm-Heitman said. “In the case of an injury that needs rehabilitation, we design a treatment based on our findings. Sometimes that will require a patient to visit our office for physical therapy, and sometimes it’s a treatment that can be accomplished at home.”

Maj. Brehm-Heitman explained Physical Therapy is a referral office. When a patient is experiencing discomfort, such as sore joints or limited range of motion, his primary care manager will likely refer him to Physical Therapy. Once the physical therapist evaluates the case, he will determine the appropriate next step.

If the injury is serious enough, the patient will be referred to an off-base orthopedic surgeon (the base does not have an orthopedic surgeon position).

However, most cases referred to Physical Therapy don’t come to surgery.

“The saying, ‘time heals all wounds,’ is often true,” Maj. Brehm-Heitman said. “Sometimes, an injury just needs time to heal.”

When treatment is necessary however, patient compliance is critical to successful rehabilitation, she said.

“If I give a patient stretching exercises, they have to follow through on them,” she said. “If a patient doesn’t buy into the program, it likely won’t work.”

Mrs. Shelly Kice is currently a patient in the Physical Therapy office. She is rehabilitating her left knee after a half-knee replacement, necessary due to osteoarthritis and a torn meniscus. She began her rehabilitation Aug. 25.

“It’s frustrating to not have full range of motion in my knee, and stretching the knee can be very painful,” Mrs. Kice said.

Her rehabilitation is expected to take two to three months before she regains that full range of motion, and within three to six months, she’ll go through the entire process again on the other knee.

However, “I know the pain I have to go through now will be worth it in the end,” she said.

Recovery times are not consistent across the board, either. Maj. Brehm-Heitman said recovery is different for every person, even if they suffer from the same injuries.

“Being in good physical condition prior to an injury can be a precursor to the healing process,” she said. “There are always exceptions, though.

“It’s kind of like a chronic smoker who doesn’t work out but always passes the (Air Force fitness testing) with flying colors.”

Still, the Physical Therapy office follows a protocol which establishes goals for patients to meet through the rehabilitation process.

Ultimately, the Physical Therapy office’s goal is prevention through education, Maj. Brehm-Heitman said.

“Most of the injuries we encounter could have been avoided by regular exercise and using proper technique when accomplishing heavy workloads,” she said.

“When someone lives a sedentary lifestyle,

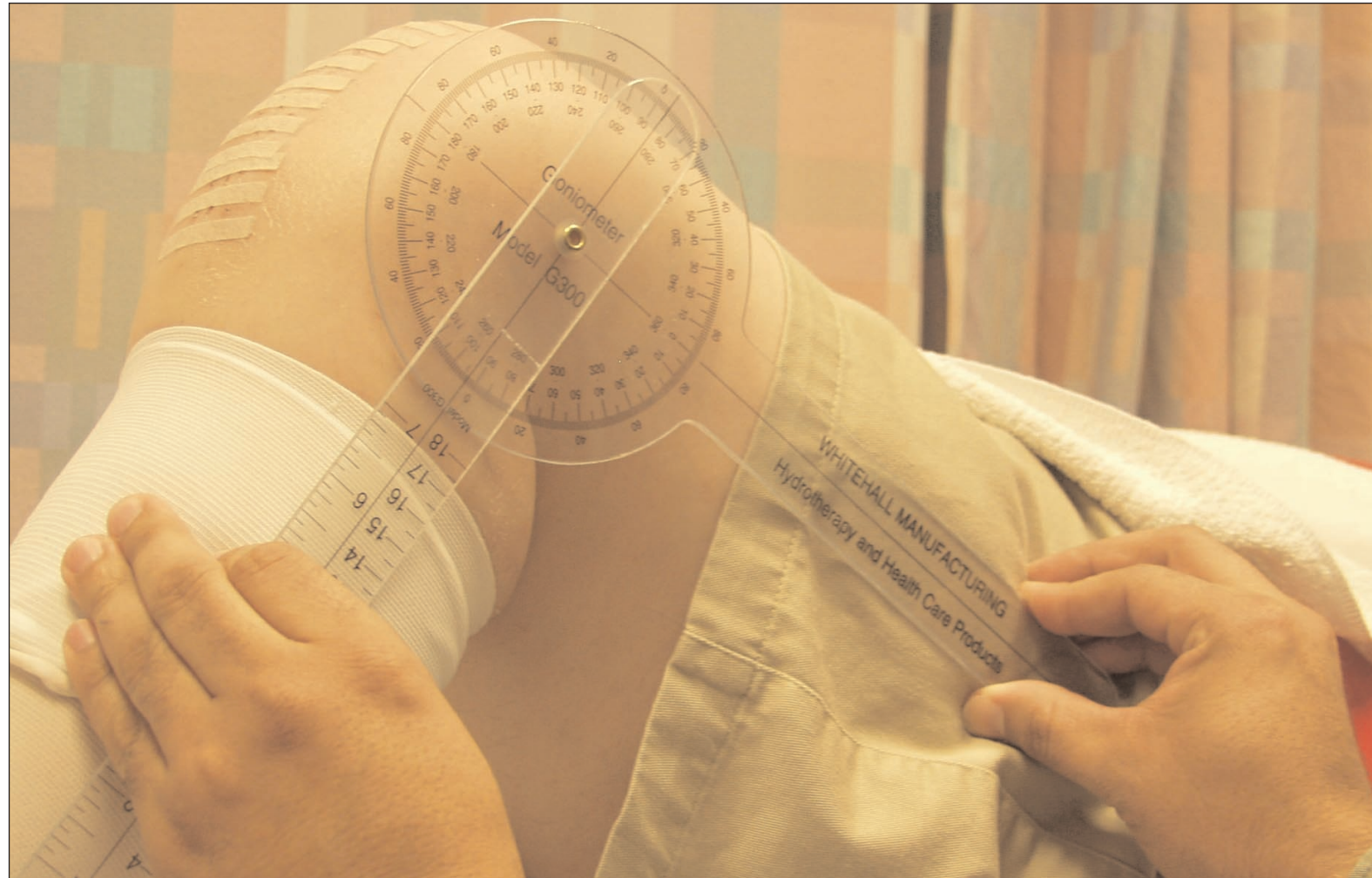
doesn’t exercise and doesn’t take care to perform certain tasks the right way, it shouldn’t come as a surprise to him when he starts experiencing problems.”

Educating airmen on those issues is where Physical Therapy plays its most vital role, she said.

“We need to determine what’s causing an injury and try to stop it,” Maj. Brehm-Heitman said. “Most injuries are caused by the individual, and it’s our job to return that individual back to duty, get him back to the mission and ensure he takes the right precautions to minimize the chances of it happening again.”

The base Physical Therapy office is open Mondays through Fridays, 7:30 a.m. to 4:30 p.m.

For details, call the Physical Therapy office at 747-5555.



(Above) Tech. Sgt. Darrell Vinson, 319th Medical Operations Squadron, Physical Therapy noncommissioned officer in charge, uses a goniometer to measure Mrs. Shelly Kice's left knee's range of motion.

Mrs. Kice is rehabilitating a half-knee replacement brought on by osteoarthritis and a torn meniscus. She began her rehabilitation Aug. 25. (Near right) Sgt. Vinson works with Mrs. Kice as they test the flexibility in her knee.

(Far right, top) Staff Sgt. Russell Veurink, 319th Logistics Readiness Squadron, fuels resource controller, has the range of motion in his right shoulder tested by Sgt. Vinson.

Sgt. Veurink suffers from chronic shoulder pain and swelling in the shoulder from what he suspects is overuse.

(Far right, bottom) Senior Airman William A. McCauley, Jr., 319th Aircraft Maintenance Squadron, is treated with a cervical traction unit in the Physical Therapy office.

Airman McCauley is suffering from upper shoulder and neck pain, and the CTU helps to relieve pressure from those areas.



Photos by Senior Airman Joshua G. Moshier

News

Today

CLUB DINING: The Northern Lights Club offers dining from 5:30 to 8 p.m. The Frontier Menu is also offered.

SEVEN CLANS WATER PARK: Outdoor Recreation is sponsoring a trip to Seven Clans Water Park, the largest water park at over 40,000 square feet facility.

The trip will be departing from Outdoor Recreation at 8 a.m. Sept. 20 and returning late that evening.

The cost is \$12.50 per person and \$5 for children 12 and younger accompanied by an adult.

This price includes transportation. Admission to the water park is \$10 per person.

Register by close of business at Outdoor Recreation.

GIRLS NIGHT OUT: The Youth Center is sponsoringa “Girls Night Out” for females ages 13 to 18. The event will be held Sept. 26 at the Youth Center from 10:30 p.m. to 6 a.m.

The cost for the night is \$15, and there must be 16 participants to hold the event.

There will be facials by Mary Kay representatives, hair care and styling, a volleyball game, movies, pizza, and an early breakfast.

Sign up by Sept. 19 at the Youth Center.

Saturday

CLUB KARAOKE: The Northern Lights Club offers Karaoke from 10 p.m. to 3 a.m.

CLUB DANCING: The Northern Lights Club offers dancing rom 10 p.m. to 3 a.m. to ‘club mix’ music with “DJ ‘C.’”

YOUTH GALAXY BOWLING: Register at the youth center for galaxy bowling at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m.

Sunday

SUNDAY BRUNCH: Enjoy Sunday brunch from 10:30 am to 1:30 pm. Adults, \$9.95, children 12 to 5, \$5.95 and under 5 free.

FOOTBALL FRENZY: Come and check-it-out. Come watch football Sundays at the Northern Lights Club and have chances to win prizes.

Monday

FOOTBALL FRENZY: Come and check-it-out. Come watch football Sundays at the Northern Lights Club and have chances to win prizes.

Tuesday

PARENTS DAY OUT: The Child Development Center is offering hourly

care the third Saturday of each month from 11 a.m. to 5 p.m.

The program follows the same guidelines as Give Parents A Break. Reservations must be made the Tuesday prior to the Saturday care.

Care may not be confirmed if less than eight children are on the reservations roster.

An hourly fee will be charged to the Parents Day Out participants. The children need to be registered at the Child Development Center with all the appropriate paperwork accomplished prior to entrance: immunizations, health record, USDA. There will be a late charge of \$1.00 per minute after 5 p.m.

TORCH CLUB MEETING: Torch Club Meetings are from 6 to 7 p.m. at the Youth Center. Torch Clubs are small group clubs offering service and leadership opportunities to young people ages 11 to 13.

KEYSTONE CLUB MEETING: Keystone Club meetings are Tuesdays from 7 to 8 p.m. at the Youth Center. Keystone Clubs are for Boys and Girls Club members ages 14 to 18.

Wednesday

SPOUSES OF THE DEPLOYED: If your spouse is deployed recieve 20 percent off your dinner at the Northern Lights Club.

CLUB DINING: The Northern Lights Club is offering the Frontier Grill menu from 5:30 to 8 p.m. Participants get a free desert with the purchase of an entree.

SAFTEY POSTER CONTEST: The Youth Center is sponsoring a pster contest for youth ages 9 to 18.

Come join the Youth Center’s Fine Arts Programmer in creating safety posters to help remind everyone of outdoor safety hazards.

The posters will be put on display athe the Youth Center. The public will vote on their favorite Oct. 9 during “Community Safety Night” held at the Youth Center. Voting for ages 6 to 12 is at 6 p.m. and ages 13 to 18 at 7 p.m. This is a free event.

FINE ARTS PROGRAM: The Youth Center is offering a Fine Arts Program class.

The program is meant to provide club members with the opportunities to create works of art for display in a local exhibit.

The goal is to help youth to uncover their artistic talents and motivate them to develop their creative skills and possibly explore related career opportunities. The program is offered to youth ages 6 to 12 at 6:30 p.m. and ages 13 to 18 at 8 p.m. A qualified instructor will be present. This event is free.

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News

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CLUB DINING: The Northern Lights Club is offering a half priced children's menu from 5:30 to 8 p.m.

MADDEN 2003 TOURNAMENT:

Outdoor Recreation is sponsoring a Madden 2003 tournament at the Northern Lights Club Sept. 27, with a noon registration and a 12:30 p.m. starting time.

The minimum age requirement is 17 with a \$5 registration fee. The first four participants that bring their Playstation 2 to Outdoor Recreation will get the fee waived.

Awards will be given for the top four places. The tournament will be double elimination.

No cheating codes, All-Star teams, player trading, or player creation allowed. Play is straight play with teams and players assigned.

Official rules can be picked up at Outdoor Recreation. Early registration begins today.

MEMBERSHIP DRIVE: "Travel the World On Us" – the Northern Lights Club is sponsoring a membership drive.

Join the club now through Oct. 31 and enter a chance to win travel related prizes from \$500 to \$5,000 in value.

Upcoming

MEMBERS ONLY: Join before Sept. 27 and come to the free membership night, which will have free food and prizes.

For details, call the Northern Lights Club at 7-3392.

BASKETBALL REGISTRATION:

Oct. 1 through 15 is basketball registration for ages five and older. Cost is \$30 per participant.

Practice will begin Oct. 28 and end Dec. 18.

Youth must have a current physical and a parent must complete a sports registration form at the Youth Center.

SHOOTING STAR CASINO: Outdoor Recreation is sponsoring a trip to the Shooting Star Casino Oct. 4, which will depart at 5 p.m. and return very late that evening.

The cost is \$15 per person, and \$25 per couple (transportation only).

Sign up by Oct. 2 at Outdoor Recreation.

"YOUTH OF THE QUARTER": The Teen "Youth of the Quarter" will be announced for the months of July, Aug., and Sept. on Oct. 2 at the Youth Center.

WOMEN'S HEALTH SYMPOSIUM:

The Fitness Center will be holding a Women's Health Symposium Oct 4, from 9 to noon.

Some topics that will be presented are depression/stress management, libido, bone health, nutrition and exercise, and women's heart disease. There will be an actual exercise session offered so dress to work out.

CAC BRIEFINGS: A representative from the Air Force Public Key Infrastructure System Program Office will be on base to provide Common Access Card and PKI Awareness Orientation briefings to the base populace.

The briefings will be held on the following days and times.

Sept. 30 to Oct 2: Base Theater.

Sept. 29: Operations Group, five sessions a day – 8, 9:30 and 11 a.m., 1:30, and 3 p.m.

Sept. 30: Support Group and Wing Staff

Oct. 1: Maintenance Group

Oct. 2: Medical Group and anyone for makeups.

The 45 minute orientations are designed to enhance the understanding of PKI, explain why it is being deployed and discuss the Common Access Card and the information contained on the CAC.

There will be a question and answer period at the end of the briefings.



Photo by Airman Patrice Clarke

With honor

The base honor guard retire the colors at the American Legion Fall meeting Sept. 12 in Forest River N.D. While at the American Legion the honor guard also set up a POW/MIA table.

For details, visit the AF PKI webpage at <https://afpki.lackland.af.mil/> or call, MSgt Phil Canterbury at 747-5309.

CATALOGS: The Skills Development Center has catalogs available to order special order art prints. "Air Bridge I, II and III" mini prints for framing are available, but supplies are limited.

GALLERY: Stop by the consignment gallery at the Skills Development Center and view handcrafted items made by local residents.

BIRD WATCHING: Outdoor Recreation has binoculars and bird books that help participants get started watching birds.

Outdoor Recreation also offers advice on the best areas for viewing the different species.

TEACHING OPPORTUNITY: The Skills Development Center is looking for contract instructors to help with fall programs.

For details, call Karen at 747-3481.

An even playing field

Airman proves football isn't just a man's sport

By Airman Patrice Clarke
Public affairs

It's the end of the day at the lab. She shuts down the machines. She puts away her specimens and gets ready to leave a long day of work behind. She gets in her car and drives to her dorm room, changes out of her blues into some sweat pants and a t-shirt. Her day isn't over yet. You see, she still has to go to the field.

Tonight, her 319th Medical Group is playing the 319th Civil Engineer Squadron in flag football, and she has to go out and support her team. Yet, she isn't going to be on the sidelines for this game. She's playing.

Karvillesse Gayles plays offensive line for the MDG flag football team. In a sport dominated by men, Gayles shows that flag football is anyone's

sport.

"It was no big deal for me to join the team, because I've always played football," said Gayles.

Gayles comes from a large extended family full of males.

"I have four sisters and two brothers. My dad is the only child out of seven who has girls. All my cousins are males, and every time we got together, it was just natural. I would wrestle with them all the time, and it was no big thing. We would play full tackle football all the time," she said.

The first game was a bit intimidating, but nothing she couldn't handle.

"The first time I played flag-football here, I was dressed really laid back before the game started," she said. "I had on some sweats and my hair was tied back, so no one noticed anything extremely different. Then I actually

started playing, and they were really surprised. Most of the males thought I had just come out to watch.

"Yes, it was intimidating at first, but that quickly changed," she said.

Flag football doesn't go easy though, she mentions.

"I've already got my first sports injury," she said, jokingly. "It's funny how flag football easily turns to tackle football. But, it's all good."

Gayles just wants everyone else to know that it's no big thing that she's playing flag football. She actually wants more girls to join.

"I'm always looking on the other teams to see if more girls are playing. I just want to see some familiar faces on the other team."

So the next time you're out watching a flag football team, look for as many girls you can out on the field. Instead of



Photo by Airman 1st Class Anthony Williams

Karvillesse Gayles sets up in a two-point stance prior to her flag football game Tuesday.

just letting them cheer on their squadron, suggest they get out and play.

MSS beats up MDG, 30-6

By Airman Patrice Clarke
Public Affairs

Look up in the sky, It's a bird, it's a plane... nope, it's a football thrown by the 319th Medical Group but caught by the 319th Mission Support Squadron's defense.

MSS and MDG met up at the field for another fun and exciting game of intramural football.

MSS got the scoring started with a touchdown by wide receiver Larry Plowman early in the first half. Soon after, MDG answered back with a touchdown pass thrown by quarterback Pablo Beckman to receiver Pat O'Quinn, tying the score 6-6.

MSS got the ball back, and quarterback Jay Johnson kept firing the ball to his offensive weapons. There were complete passes to offensive linemen Anthony Parker, Mike Renn and Monty Volk, and Plowman.

MSS failed to get a touchdown out of that drive, and the first half of the game was over with the score still tied at six apiece.

MSS came back after the half and started picking the passes out of the sky.

Parker caught a sweet little pass from Johnson and ran it in for the touchdown. Unfortunately, there was a penalty on the play, and the down had to be repeated. The second time, Parker got it right and scored the touchdown, bringing the score 12-6 MSS.

MDG got the ball back again and started throwing passes straight to MSS. Renn, playing linebacker, caught the first interception of the second half and ran the ball in for a touchdown, but they failed to get the extra point.

MDG once again had the ball, and Beckman met the MSS defense when he got sacked by cornerback Josh Moshier.

MSS got the ball again, and it only took one pass by Johnson to Plowman to make the score 24-6 and give MSS a commanding lead with five minutes left in the game.

It was MDG's turn to play offense again, and to liven things up a little, the MDG switched quarterbacks to Jay Kraviec who took the ball and ran with it.

His throwing wasn't bad either. He proved this by throwing a nice pass to

receiver Stephen Azab.

MSS decided they wanted a piece of the action also and picked off a Kraviec pass.

Linebacker Wade Young got that interception and tried to run it in for a touchdown, but an incredible stop by Kraviec made that just a dream.

MSS decided to wake up and make dreams come true when Johnson threw straight to Plowman to give MSS the game's final score and a 30-6 victory.

Air Force wins softball championship

By Airman 1st Class Sarah Busch
Air Armament Center Public Affairs

EGLIN AIR FORCE BASE, Fla. – The Air Force team won the 2003 Armed Forces Women's Softball Championship held here Sept. 8 to 10.

"Our goal was not to go undefeated; it was to win the gold," said Air Force head coach William Hardy, Keesler Air Force Base, Miss.

This is exactly what happened. The Army team defeated the Air Force 4-3 the first day of the tournament.

"That loss in our first game brought us back into reality," Hardy said.

"From the beginning of the tournament, we were struggling with our hitting," said second baseman Peni Nery, Kadena Air Base, Japan. "However, by the last game, we were showing everybody how we hit. We came through."

The 10-run rule came into play for the airmen when they defeated the Navy team 16-4 in the last day of the tournament.

"We played a lot of good defense to keep us in the game until the offense came around," Hardy said. "We had the best team, and the ladies played to their ability."

The airmen dominated the entire game and pulled out of the sailors' sight in the top of the sixth inning when Alicia Pagan, Ramstein AB, Germany, hit a long ball out in left field, bringing in three runners to make the score 13-4.

Wendy Hansen, Davis-Monthan AFB, Ariz.; Toni Owens, Tyndall AFB, Fla.; and Latricia Munday, Hickam AFB, Hawaii, each contributed a run batted in to bump the score to 16-4.

The sailors were unable to retaliate and were shut out early in the bottom of the sixth inning with a final score of 16-4.



Photo by Mr. Craig McDonnell

Jamie Thompson, Dover Air Force Base, Del., nails the ball during a game against the Army in the Air Force's third and final match up with the soldiers. Thompson was named to the 2003 Armed Forces Women's Softball Championship All-Tournament Team, as well as the Armed Forces Team.

Going into this game, "I knew we had to play an errorless game in order to defeat the Air Force," said Navy head coach James Butters, Afloat Training Group, Naval Station Mayport, Fla. "However, we kept in there, and we fought hard."

"We had the better team bar none, both defensively and offensively," said Jamie Thompson, Dover AFB, Del. "I felt like if we played just as hard as we practiced, I knew that we were going to come in and win it."

The soldiers finished the tournament with a record of 4-5, while the sailors took third with 3-6 and the Marines wound up in last place with 3-6.

At the conclusion of the tournament, sports directors from each service named an all-tournament team. They picked 15 players from all four services to represent the armed forces at the Amateur Softball Association Women's East Open Slow Pitch Championships in Auburn, Ala., Sept. 18 through Sept. 21.

Falcons football down Mean Green, 34-21



Photo by 2nd Lt. Rob Arnett

Air Force defensive back Dennis Poland fights off a stiff-arm from University of North Texas wide receiver Joel Nwigwe.

Academy improves record to 3-0, open MAC conference schedule with Wyoming next week

By John Van Winkle
Air Force Academy Public Affairs

AIR FORCE ACADEMY, Colo. – Quarterback Chance Harridge had the best passing performance of his

career during the Air Force Academy Falcon's 34-21 win over the University of North Texas Mean Green on Sept. 13.

The Air Force offense dusted off their passing attack which riddled the North Texas defense for three touchdowns and 156 yards.

Supplemented by a 271-yard performance from the nation's No. 2 rushing attack among Division 1 schools and strong special teams efforts, the Falcons took the lead in the second quarter

and held off the Mean Green attack for the win.

"(Harridge) had a good week throwing the football, a very focused week," said Falcons head coach Fisher DeBerry. "I am very proud of him... and he showed the kind of leader, the kind of competitor that he is. He kept his focus and I think he got better this week as a quarterback."

With the win, the Falcons advance to 3-0 and begin Mountain West Conference action Sept. 20 against the University of Wyoming.